

ORGAMITES®

MIGHTY EDUCATION PROGRAMME

DISCOVER MORE AT ORGAMITES.CO.ZA

1. TEACHER OVERVIEW

TOOLKIT 1: MIGHTY ME

ALL ABOUT ORGANS



IN PARTNERSHIP WITH



WE BELIEVE TEACHERS CAN CHANGE THE WORLD

If you're a teacher, you're already a hero in our books. But did you know that your class is full of undercover superheroes? Hiding in plain sight, every one of your students possesses a set of incredible organs. These magnificent parts not only keep them alive and healthy – but could save other lives one day too.

The problem is – hardly any kids (or parents) know this.

As the only organ donation and health education programme of its kind, the Organites are here to change all that – breathing new life and lightness into kids' awareness and appreciation of their health and organs.

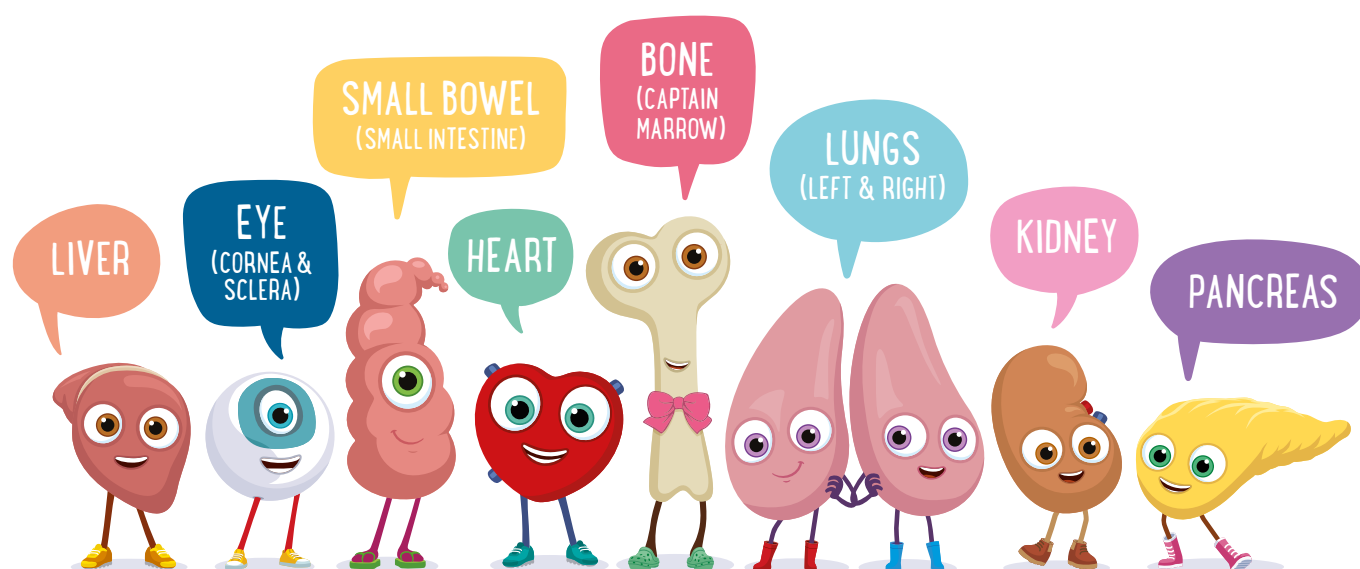
WHY TEACH KIDS ABOUT THEIR HEALTH AND ORGAN DONATION?

Around the world, there's a critical shortage of life-saving organs, especially for children. In fact, kids tend to wait two and a half times longer than adults. Many die waiting. Only through widespread education and awareness initiatives can we hope to decrease waiting lists and save lives, but it doesn't stop there. According to the World Health Organisation, there are several major crises facing the next generation. Most are health-related. Solving them starts with education, and all of us (teachers, healthcare professionals, policy makers, parents and guardians) working together for the good of kids everywhere.

WHO ARE THE ORGANITES?

A team of life-saving organs found in each one of us, the Organites are also known as the 'mighty organs' because they represent the organs most needed for donation and transplantation.

Through an ever-growing range of fun, educational resources (geared toward children from ages 5 to 11), the Organites are on a mission to inspire and equip more students, teachers and families everywhere to talk more about organ donation and to take better care of their bodies, each other, and our world.



TOOLKIT 1: MIGHTY ME!

During this lesson (or series of lessons), your students will learn all about their vital and mighty organs, while also being introduced to the concept of organ donation. Why do children need to know about their mighty organs? Because education is the first step to transformation. Empowering kids to really appreciate their bodies and better understand how/why/where everything goes is crucial to them getting equipped to take better care of their health. In addition, this knowledge is the first step in effectively addressing organ donation and health concerns.

Free ready-to-go downloadable resources include:

• The Mighty Orgamites Video

This 8-minute video is a fantastic way to kick-off the lesson - providing kids with an educational and entertaining overview of their mighty organs. Go to our resources hub at Orgamites.co.za

• Lesson Presentations

We've created two versions. The **Express Version (PDF 3)** is perfect for younger children (Grades 1 to 3) and can be covered in a single lesson. The **Full Version (PDF 4)** is ideal for all other age groups, and includes more insights about each organ and how to keep them healthy. To make your job even easier, we've created supporting **Lesson Presentation Notes (PDF 5)**.

• Family Resources (PDF 2)

To get families talking more about what really matters, please send this important booklet to all parents and guardians on the same day you introduce the Orgamites to your class (you can print it or email it to them).

• Additional Teacher Resources (PDF 6)

Films from on our site, Classroom Posters, Case Studies, Colouring-In Sheets (**PDF 8**), fun activities and more! Choose any or all of them, print them out or upload them onto your whiteboard.

• Mighty Pledge Certificate and Classroom Poster

This is our mighty manifesto. It's a call to all to be kinder to ourselves, other people and the planet we all share. Consider making the 'Mighty Pledge' together, and then a poster for the classroom wall.

• Object Lessons (PDF 7)

To help kids really appreciate their mighty organs (and remember why and how they work for the rest of time) we've created a series of fun and interactive object lessons (one for each of the mighty organs).



PICK YOUR PACE

The speedy way—covering the entire lesson in one go with the help of our Lesson Presentation Notes and a few of our Additional Teacher Resources – **or**,

The really sticky way—taking your time to really explore with your class the functions of each mighty organ. You may want to focus on one organ per day/lesson, and supplement the Lesson Presentation (PDF 5) with our interactive (and very entertaining) Object Lessons (PDF 7).



TOP TIP FOR TEACHERS

Make time to talk: Talking about organ donation helps us to honour one another's choices. No matter which pace you choose, be sure to allocate a little time to recap and reflect on what has been covered in the lesson. Let students share some of their own thoughts and impressions. When teaching about organ donation, focus on the positivity of 'giving a gift', and the difference a transplant can make to a recipient's life. Try to keep the conversation light, positive and non-judgemental. Encourage students to chat about their choices at home, with their parents or guardians.

“What I love about the Organites is the message that underpins everything they do: that it's what's on the inside that really counts. It's a message that I'm thrilled to see taking root in my class now too. Thank you Organites!”
- Jennifer Vincent, Year 3 Teacher

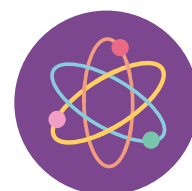
COMPLEMENTING THE CURRICULUM

Intended to enrich (not compete with) your curriculum, these resources aim to strengthen students' understanding in a number of important areas, namely:

- | | |
|-----------------------|--|
| ♥ Science and biology | ♥ Relationship skills, inclusion and citizenship |
| ♥ Physical education | ♥ Personal and Social Well-being (PSW) |

Lesson outcomes include:

- ♥ The need-to-know facts about our organs in general
- ♥ What vital organs are (and why they're so vital)
- ♥ What the 'mighty organs' are
- ♥ How to keep our organs healthy
- ♥ What organ donation is
- ♥ Why it's important to talk about organ donation at home



MIGHTY TOOLS

Created in collaboration with teachers and healthcare professionals, all our educational toolkits aim to empower teachers with the very best tools so that they can inspire the next generation to not only know better, but live better too! Although self-standing, our toolkits sequentially build upon one another:

Toolkit 1: MIGHTY ME

Do your students know just how incredible their bodies really are? Let's start by looking under the hood, discovering where our mighty organs are, why they're amazing and what each part really does. We'll also introduce kids to the concept of organ donation.



Toolkit 2: MIGHTY HABITS

We've created the ultimate list of healthy habits all kids everywhere need to know. Combined with research-backed insights on how to form habits, we'll show you how to guide the kids under your care toward a lifetime of healthy living.



Toolkit 3: MIGHTY KIND

Anything healthy grows and brings life to others. That's why we move beyond just looking at ourselves in this toolkit, to showing how we can work together to make the world a healthier, happier place. Anchored in practical activities everyone can do - we demonstrate what/why/how kindness can change the world.



Stop the clocks!

August is now Orgust, National Organ and Tissue Awareness Month—a full month to rally behind our mighty organs and spread the word across South Africa. Bone Marrow Stem Cell Donation and Leukaemia Awareness Month is observed from 15 August to 15 October in South Africa. Organisations like DKMS Africa, established in 1999 by parents affected by leukaemia, play a pivotal role in raising awareness and encouraging individuals to register as bone marrow donors.

If you haven't already, sign up today for free access to all our toolkits and resources at: [Orgamites.co.za](https://www.orgamites.co.za)

“The Orgamites are an invaluable tool which is child-friendly and gently introduces the topic of organ donation. The focus on the individual organs through cute Orgamite characters not only ties into the CAPS syllabus but allows children to understand the function of organs and their interrelationship.”

- Karen Walstra, Gr R-2 teacher and mother of Coreen, recipient of a liver transplant who was diagnosed at 1 year old with hepatitis



OUR MIGHTY APPROACH

Created to help kids everywhere take better care of their health, each other, and the entire planet, the Orgamites' range of educational toolkits is unlike any other.



They're foundational

This is where it all starts. No programme builds a lifelong foundation for health like the Orgamites Mighty Education Programme. We don't just introduce the essentials of health education—we make them stick. Because lasting health starts with education and positive behaviour change.

They inform!

Of course, knowledge is power – so we provide loads of it (all science-backed, medically verified and packaged for kids), but our educational resources don't stop there.

They inspire!

If we're aiming to motivate kids to live mighty, we must capture their imaginations, not bore them to death! Instilling students with more awe and wonder (about their bodies and the world and people around them) is fundamental to our approach.

They empower!

To embolden kids to not just know better, but live better, every Orgamites resource is anchored in fun challenges and practical action steps that lead to incremental improvements and personal ownership.

They're FREE!

We believe that all kids everywhere deserve a fighting chance of a brighter future. That's why we're committed to delivering world-class resources for every school, at no cost!

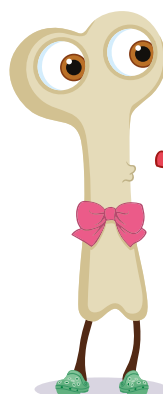
They really work!

Just like the hidden veggies in every mum's spaghetti bolognese, all the important stuff is in there, but the kids won't see it coming! Never competing with existing curriculum, Orgamites' resources aim to rather complement it – filling in the major health and social education gaps to help avert some of the most significant crisis of our time.

SAVE THE DATE!

Orgust, formerly known as August, is our 'National Organ and Tissue Awareness Month,' a month of activities and events all dedicated to promoting organ donation education among children, teachers, and families the world over. By highlighting the importance of organ donation and encouraging more people to consider organ donation, we hope to create a worldwide movement that will impact generations to come and save countless lives too.

Save the date at [Orgamites.co.za](https://www.orgamites.co.za)



MIGHTY FAQ

What is the Organites role in all of this?

The majority of school-going children value being informed about what their various organs actually do, how to keep healthy, and what organ donation and transplantation is all about. Yet, many teachers, parents, and healthcare professionals believe they lack the necessary information and resources to address the topics adequately. In every country where the Organites educational tools and resources have been introduced, the feedback has been overwhelmingly positive. Such multi-faceted, long-term strategies are gradually increasing the number of organs donated, reducing the lengthy waiting lists, augmenting the number of lives saved, and ultimately normalising organ donation. What's more, they're bridging the health education gaps to ensure there are far less pitfalls for the next generation to fall into.

Ultimately, regardless of what children learn about organ donation at school, the final decision always resides within families. The Organites Mighty Education Programme focuses on presenting the possibilities and scientific facts, leaving the organ donation conversation to parents and guardians.

How does this fit into a larger category and mindset?

Focusing on organ donation for children promotes a broader mindset of health, emphasising what's inside our bodies as essential. Positive affirmations and a healthy living guide play a role in this approach, fostering empathy, compassion, and community support. Prioritising organ health encourages people to make mindful lifestyle choices, promoting body positivity and self-acceptance. Ultimately, this approach saves lives and nurtures a holistic view of wellness.

Why are there family resources for kids to take home?

These have been specifically created to inform parents, answer any questions they may have, and equip them to have more conversations with their children at home. In the UK, regardless of the 'opt out' system, family members are always asked to make the decisions about organ donation at the end of life. Knowing how each member of your family feels regarding organ donation can make these painful decisions far simpler and less stressful. Unfortunately, very few have had this conversation with their families. A family discussion in a safe, comfortable place (long before there's any pressing need) is the best way for everyone to share their choices and learn together.

“ I hadn't anticipated how much my class would want to engage on the subject until the Organites arrived at our classroom door! Together, with the resources provided, we've learnt all about our organs, then how to stay really healthy, and next up: we'll be joining the Organites in making the world a better, kinder place - one classroom at a time. We can't wait!”
- Kyrie Card, Head Teacher, UK



Are there sensitivities around the topic?

These resources have been developed in partnership with teachers and experts to be age-appropriate and spark a positive discussion around organ donation and transplants. Please check the slides before using them with your class, so that you are aware of any material that may be sensitive for a particular student. Be especially aware of any instances of children in your class who have been recently bereaved. Adaptations may need to be made to the lesson or the timing of any related projects to accommodate this.

What about different faiths, religions and cultures?

Many religions fully support the principle of organ and tissue donation as a life-saving gift - and also support the principle of blood, organ and stem cell (bone marrow) transplantation. They accept that organ donation is a matter of personal choice, and so do we. We understand that some individuals and religious groups hold different views. However, none say you can't talk about it.

What can be donated?

The following can be donated after death: heart, lungs, kidneys, liver, pancreas, small bowel (small intestine) and tissues which include bone, eyes (cornea and sclera), skin, tendons, heart valves and arteries. Living donors can donate a kidney or part of their liver, bone marrow (stem cells), and blood. For organ transplants where a child is needing an organ, living donors are normally a close relative, with parents being the most common donors.

Can children and adults donate organs to one another?

Some organs can be donated between adults and children, but many others (such as the heart and lungs) require that the donor and recipient organs are of similar size. For this reason, young children on the organ donor waiting list are often waiting for life-saving organs that can only be donated from similarly aged donors.

If you are an organ donor, do you have to donate all your organs?

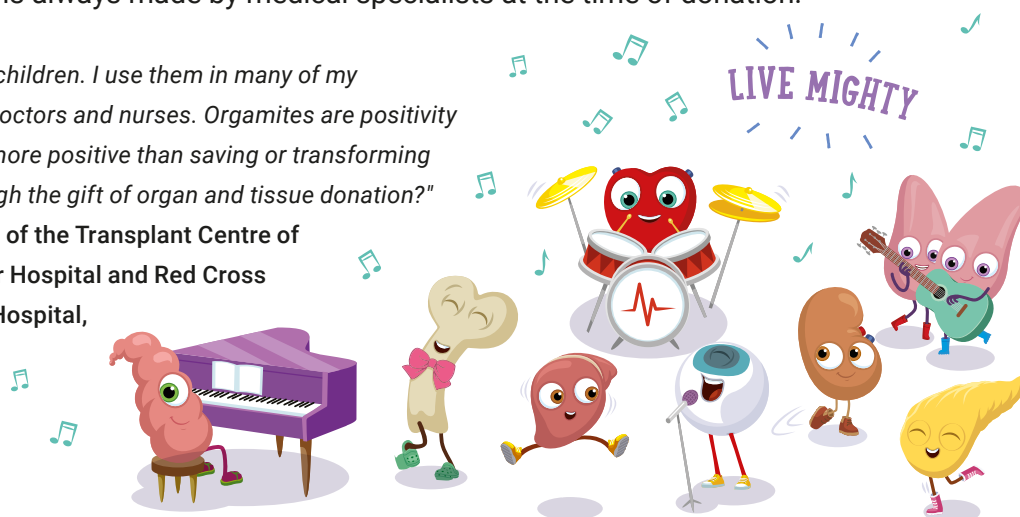
It is your choice. You can choose to donate some organs but not others.

Are there any age limits for organ donation?

Passing on the ultimate gift of life isn't restricted to any age category. In fact, the oldest donor on record was 104! In South Africa, organ donors must be 70 years of age, or younger, and in good health. Children under the age of 18 require parental consent when registering as organ donors. Parents of minors have the final legal say. And of course, the decision about whether some or all organs or tissue are suitable for transplant is always made by medical specialists at the time of donation.

“*Orgamites are not just for children. I use them in many of my lectures to South African doctors and nurses. Orgamites are positivity personified! What can be more positive than saving or transforming another person's life through the gift of organ and tissue donation?*”

- Dr David Thomson, Head of the Transplant Centre of Excellence, Groote Schuur Hospital and Red Cross War Memorial Children's Hospital, Cape Town



What is the organ donation situation in our country?

Currently, around 8,000 people in South Africa are awaiting life-saving transplants, including about 40 children. Every day someone dies while waiting for an organ transplant. Children tend to wait two and a half times longer than adults, owing to a significant shortage of child organ donors, leading to children and their families waiting for a life-saving donation that tragically doesn't always come to fruition.

Can children join the NHS Organ Donor Register?

Parents and guardians from all communities and ethnicities can register their children, and children can register themselves at any time. By registering as an Organ Donor and discussing your choice to be an organ donor with your loved ones, you make them aware of something you want to happen when you are no longer capable of sharing that information. While there is no age limit, children under 18 always require parental consent when registering as organ donors.

Got questions or ready to share your Organites art?

For any questions, to share your art with us, to enquire about a Golden Heart Award for your school, or to download free Organites resources, visit: [Organites.co.za](https://www.orgamites.co.za)

The Organites Mighty Education Programme is brought to you by All Good Co. in partnership with Live Life Give Life, Onassis Foundation, Canadian Blood Services, Organ Donation Northern Ireland, the Public Health Agency, British Transplant Society, South African Transplant Society, Transplant Education for Living Legacies (TELL) and European Society for Organ Transplantation (ESOT).

Our mighty thanks go to all students, teachers, parents, and healthcare professionals for taking part in the Organites Mighty Education Programme.

YOUR INPUT MAKES A BIG IMPACT!

If you've introduced the Organites to your classroom, we'd love to know how it's going. Please use our feedback form on the 'Resources Hub' page on our website, and please encourage as many other teachers, students and parents to do so too. Don't forget to...



1. Know Your Mighty Parts (off by heart)



2. Know Your Options



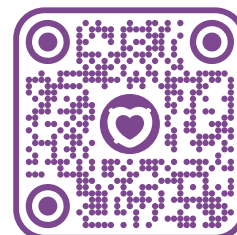
3. Share Your Choice



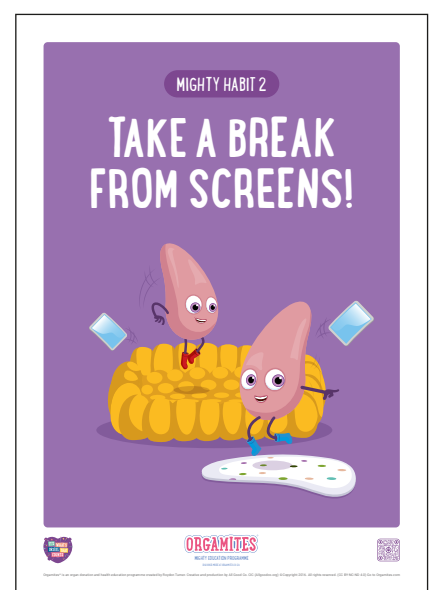
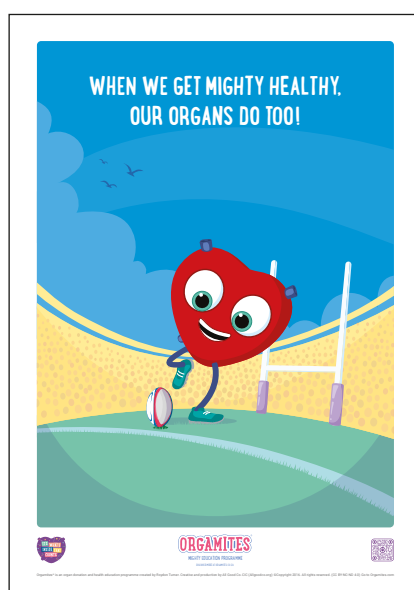
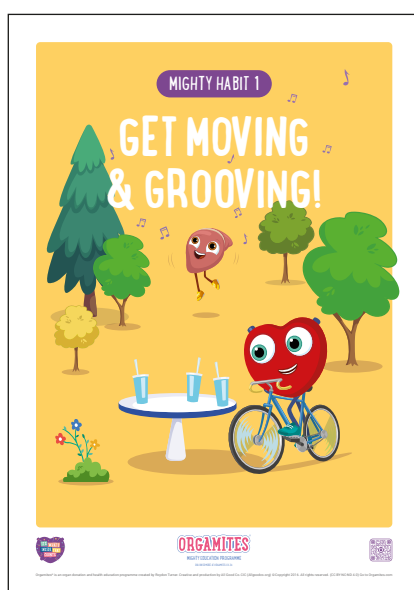
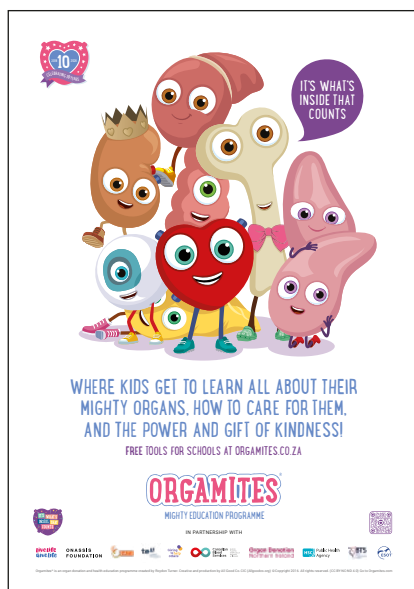
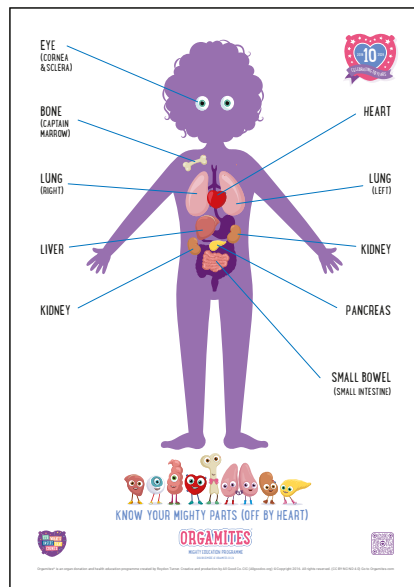
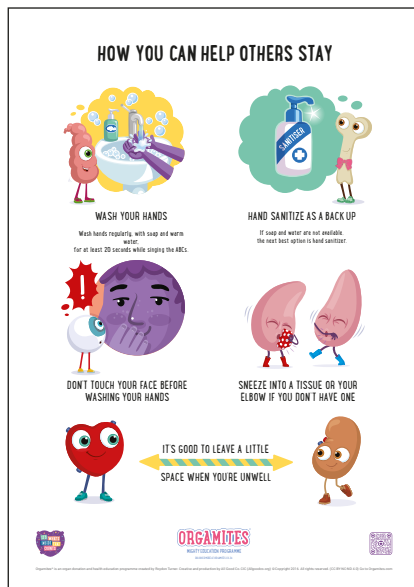
4. Take The Mighty Pledge



5. Be Your Mighty Self!

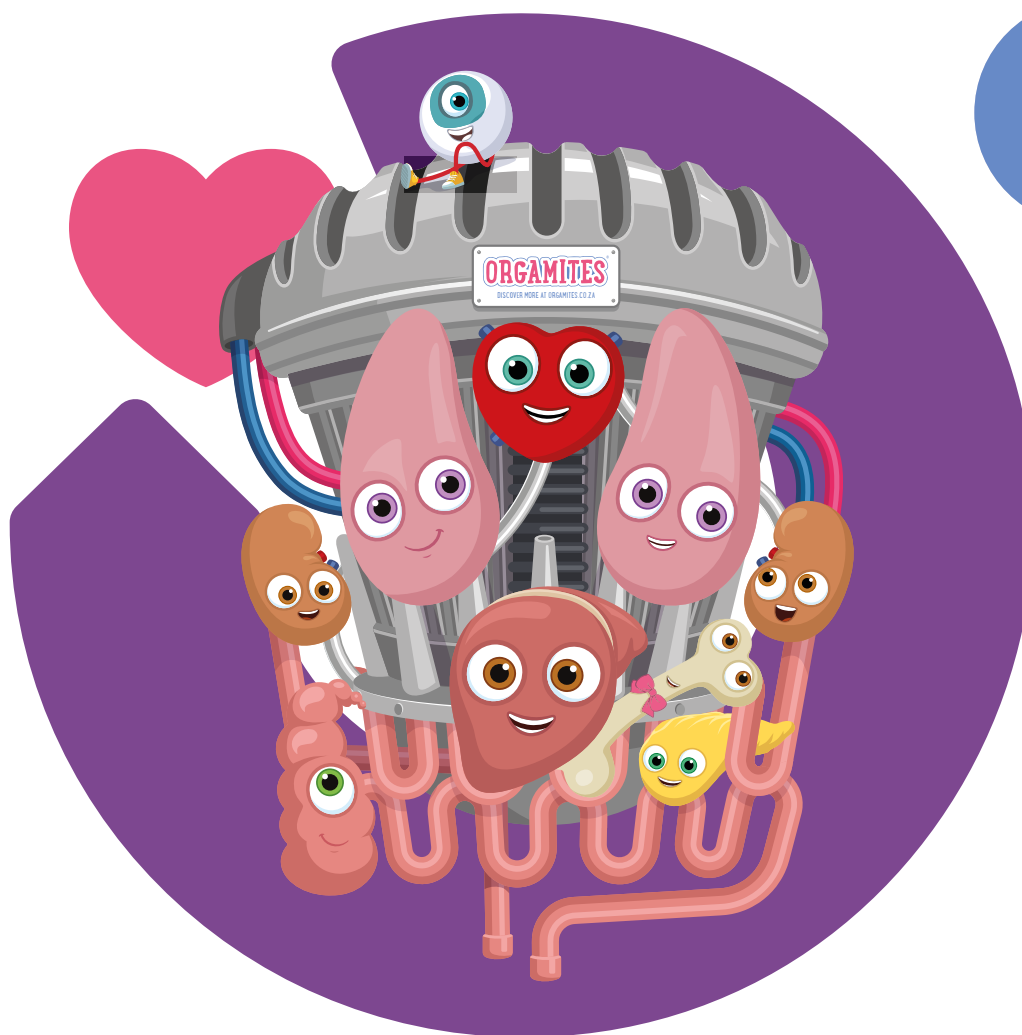


Organites.co.za



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SAVE
THE DATE



START YOUR ENGINES

 **Orgust**

NATIONAL ORGAN AND
TISSUE AWARENESS MONTH

GO TO ORGAMITES.CO.ZA

ORGAMITES[®]

MIGHTY EDUCATION PROGRAMME

IN PARTNERSHIP WITH

**live life
give life**

**ONASSIS
FOUNDATION**

SATS

tell
Foundation
for living legends

**Giving
to help
others**

**Canadian
Blood
Services**
BLOOD
PLASMA
STEM CELLS
ORGANS & TISSUES

**Organ Donation
Northern Ireland**

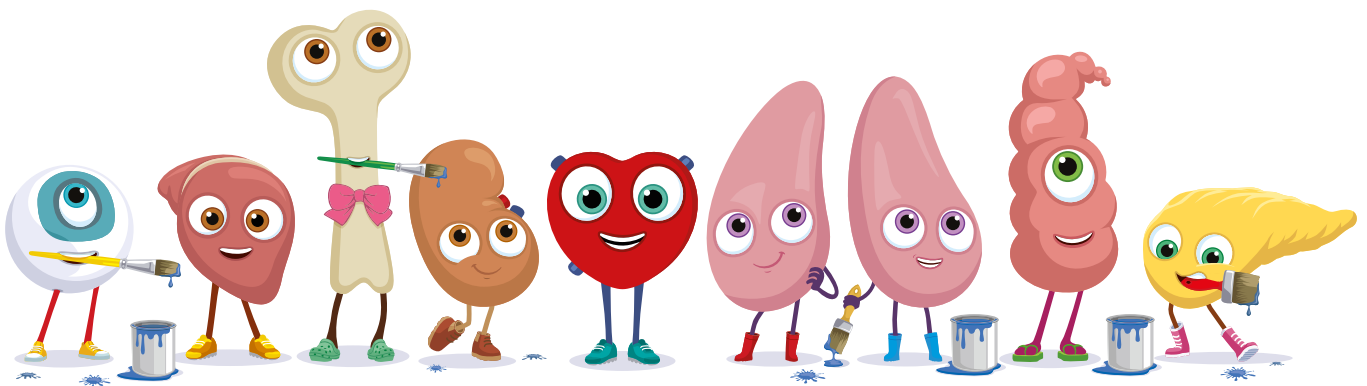
HSC Public Health
Agency

BTS
British
Transplantation
Society

ESOT

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IT'S WHAT'S INSIDE THAT COUNTS!



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A COMMUNITY INTEREST COMPANY

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